



WCH Memo January

Junior World Championships

9 athletes attended junior Worlds in Guadalajara Mexico, Charlotte Simoneau came away with 3 medals and Etta Love won one medal. The Women's team placed 4th overall:

Isabella Brown: 49 kg	Feras Sharia Eldin: 67 kg
Laurence Theriault: 59 kg	Shad Darsigny: 73 kg
Charlotte Simoneau: 64 kg	Bradyn Santavy: 89 kg
Naomie Lusignan: 71kg	Xavier Lusignan: 96 kg
Kathryn Lee: 71 kg	Louis Durocher: 73kg
Etta Love: 87+ kg	

Grand Prix #2: Doha Qatar

12 athletes competed in Doha at the Olympic Qualifying Grand Prix #2. Maude Charron and Boady Santavy now appear in the top 10 on the official Olympic qualification ranking ahead of the Paris Olympic Games next summer.

Amanda Braddock 49kg	Boady Santavy: 89 kg
Rose Harvey: 55kg	Alex Bellemarre: 89 kg
Maude Charron: 59 kg	Bradyn Santavy: 96 kg
Hannah Gula: 59kg	Noah Santavy: 102 kg
Alexis Ashworth: 71 kg	Pierre Alexandre Bessette: 102 kg
Rosalie Dumas: 81kg	
Maya Laylor: 81 kg	

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Special points of interest

- **Upcoming Competitions**
 - Senior Pan Am Championships, Venezuela
 - IWF World Cup, Thailand

WCH MEMBER SALE

We have a limited supply of some WCH branded items for sale. Please click [here](#) to purchase.

Updates from Board Meeting

Monthly Board of Directors Meeting was held on December 17th. The following is a brief summary of key items discussed:

Carry over of current markers until post Olympics: Notice is given that the current markers will not change until after the 2024 Olympic Games.

Preliminary intent to host Junior World Championships was submitted however there was insufficient time to gather the required commitments from Sport Canada and other potential funders to solidify the bid. The Board will continue to review opportunities for a major event in the coming years.

Plans have started for an online Youth Nationals in 2024. Andrew Pretty will be leading the project and will be in touch with the provinces to determine potential dates.

Terms of Reference documents for each committee are being reviewed to ensure compliance with Canada's Sport

Governance Code. All aspects of this code must be implemented by April 2025. For more information you can find the code [HERE](#).

Implementation of the code will mean significant changes to the current composition of the board as it is mandated that "not more than 60% of the directors are of the same gender".

Efforts are underway to develop a national tracking mechanism for all certified Technical Officials. More details will follow in the new year.

Halifax History

Did you know that Halifax is the birthplace of the Donair?

Halifax also boasts the first covered ice rink in Canadian history.

The Halifax Waterfront is one of the world's longest continuous boardwalks, coming in at approximately 4 km long.

The Halifax Seaport Farmer's Market, started in 1750, has operated for longer than any other farmer's market in North America.

National Championship Updates

Competition regulations will be released for the 2024 Senior National Championships in Halifax Nova Scotia in the early new year.

Some key reminders:

The Competition will be held at the Halifax Convention Centre from May 17-19, 2024

Qualified athletes wishing to participate in Nationals must be members of the CCES National Athlete Pool by April 28, 2023. For more information on this you can contact Joe Landreville—jlandreville@cwfhc.ca

All participants must complete the Respect in Sport Certification prior to April 28, 2023—if you have completed it previously there is no need to take the course again.

Coaches must provide an Enhanced Background Check (E-Pic) in accordance with the WCH Screening Policy. PSO's are responsible to ensure all background check documentation has been submitted to the WCH Screening and Privacy Officer (cwalker@cwfhc.ca) prior to April 28, 2024.

The Cambridge Suites Halifax has a rate available for bookings. You can use the link below or call 1-800-565-1263 and ask for the Canadian Senior Weightlifting Block. The rate is \$229.00 per night plus applicable taxes and includes breakfast.



International Medallists

President Activity Report

IWF – PAWF : USAW received last-minute approval the IWF to send its OQR athletes to the European Championships instead of the Pan American Championships

The decision was controversial at the IWF, PAWF, and EWF. EWF has refused to accept new registrations. Discussions with IWF as to whether any exemption for Canadian OQR athletes are ongoing but likely to be refused.

Venezuelan Weightlifting Federation has provided assurances of additional security for team members from airport to hotel and to training and competition venues.

Sport Canada – NSO Information Session on Sport Governance Code

Based on Community feedback, Sport Canada confirmed that further revisions to the Sport Governance Code will be coming in Q1 or Q2 of 2024

Deadline for NSOs to produce an implementation Action Plan extended from April 2024 to September 2024

Deadline for implementation of the Code remains April 2025. Key points remain minimum 40% representation by women on the board; minimum 40% independent directors (i.e., no individual fiduciary interest to other organization or person in the sport)

May be scope to negotiation limited exemptions, and those conversations will start in early 2024.

Canadian Olympic Committee – Meeting with Director of NSO & Government Affairs + the CEO

Key points include: NSOs should not expect raises in base levels of funding in next Olympic cycle

COC and Sport Canada are looking at ways in which certain blocks of funding on each side could be pooled and made available to NSOs for broader purposes, such as hiring a CEO or Executive Director.

Non-compliance with Canadian Sport Governance Code will likely result in loss or suspension of funding until compliance achieved.

COC has approved WCH application for block of Safe Sport / Gender Equity Funding for WCH programs. WCH has not yet received funds or timeframe for distribution.

2024 Prohibited List Now in Effect

[CLICK HERE FOR INFO](#)

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PSO Relations:

Notice is provided that there will be a meeting of PSO leadership in mid February 2024. Please send any agenda items to dfriesen@cwfhc.ca. Specific details will follow by email.

ITO Interest for Thailand

Expressions of Interest to serve as a technical official for Thailand should be sent to Richard Mason

Committees

The Coach Advisory Committee has been active in renewing the format and delivery of all WCH coach accreditations. There is now a slide deck for Instructor Beginner, Competition Introduction and Competition Development that can be used across the country for the delivery of course content. The reference manuals and facilitator guides have also been updated to match the flow of the course content.

We are awaiting completion of French translation of all documents and plan the release of the materials in January of 2024. As part of this release there will be a need to update Coach Developers (CD) on the course content and delivery models and all CDs will be asked to attend a 2-hour retraining so as to ensure consistency across the country in certification delivery.

As part of this renewal, there will be some slightly revised procedures for in-competition evaluation and for procedures for running the courses. In addition, the committee has proposed a system of coach credential tracking and profit sharing between WCH and the PSOs for credential management.

Please keep track of the announcements coming out in the new year regarding these processes.

Technical Officials Committee

Weightlifting Canada Haltérophilie (WCH) is inviting technical officials to express interest in joining the Technical Officials Committee. The Committee is a Standing Committee of the Board of Directors of WCH. The Committee will facilitate and guide the delivery of high-level of officiating at all levels in Canada and advise WCH and member PSOs on interpretation and implementation of the IWF Technical and Competition Rules & Regulations, as updated from time to time, in alignment with the policies, priorities, and governance directives of the Board.

There will be a minimum of six meetings a year. To express interest please click [HERE](#)

Governance and Ethics Committee

This will be a new committee mandated by the Canadian Sport Governance Code. Details are still being worked out, but the thrust of the mandate appears to be to create a professionally oriented committee with participants from inside the sport and external to focus on the development of policy, governance, and ethics for the organization.

- Manage administrative processes related to conflicts of interest and to report on them to the Board.
- To review and guide the policy development process, and in some cases play the lead role in developing new policies.
- To develop and occasionally review the job descriptions of the Executive Director or CEO (if applicable) and recommend proposed changes to the Board;
- To support the annual review of mandates for the committees of the Board;
- To analyse the appropriate balance of necessary skills within the Board and Committees and, as appropriate, to propose changes to the Board;
- To develop and propose an annual self-assessment process for the Board: criteria, approach, application of the process, results as well as suggestions for improving the performance of the Board and its committees;
- To develop and propose orientation materials for new members of the Board.
- To review and develop updates to administrative process to address complaints, and a whistleblower policy.